Carrot and Potato Latkes

Yield: ~ 12 Latkes

Ingredients:
3 medium potatoes (~ 1 lb.), peeled and shredded
1 medium carrot, shredded
1 egg, slightly beaten (or ¼ cup egg substitute)
¼ cup finely chopped onion
2 tbsp. all purpose flour
¼ tsp. salt
¼ tsp. black pepper
Cooking oil (canola, vegetable)
Applesauce and/or sour cream for garnish

Directions:
Place shredded potatoes in cold water as you work to prevent discoloration. Drain well when ready to combine.
Combine all ingredients except garnishes and oil. Mix well.
Put about ¼-½ oil in an electric frying pan and heat to 400°F. (If you don’t have an electric frying pan, heat oil in deep skillet on stove medium-high heat). Make sure oil is HOT when you add mixture to pan, 1 heaping tbsp. for each latke.
Flatten each latke slightly. Fry about 2-3 minutes per side until golden. Drain on paper towels.
Cover latkes with foil to keep warm until ready to serve. Serve with applesauce and/or sour cream.

Latkes can be made ahead as directed above. Chill for 3-24 hours. To reheat, arrange on an UNgreased cookie sheet and bake at 400°F for 10-12 minutes, turning once.

NOTE: I prefer shredding the potatoes and carrots to grating or chopping as I like the resulting texture, almost bird’s nest-like.

If making multiple batches, be sure to allow the oil to come up to temperature before adding each batch. Latkes cooked in HOT oil will be crispier and will have absorbed less oil.

Submitted by: Sari Schlussel-Leeds